



## Profiles in Wellness



### **Michael R. Wasserman, M.D.**

#### **Colorado**

As a Geriatrician, I've always believed in the importance of exercise for my patients. I was asthmatic as a child and at the age of 32, I had never run a mile and my knees would swell just playing a game of basketball. I started gradually, working my way up from a Stairmaster to a treadmill. Within a few years I'd run my first marathon. I completed my 10<sup>th</sup> Marathon a couple of years ago and have finished 4 half ironmen. A herniated disc in my spine set me back a couple of years, reducing my activity level and slowing me down significantly. I've persevered and continued to try to improve. This year, at the age of 46, I ran a mile under 6 minutes for the first time in my life! But that isn't what really excites me. I enthusiastically share with my patients the fact that 76 year old Madonna Buder and 80 year old Robert McKeague became the first woman and man of their age to complete the Ironman World Championship in Hawaii this year. There is no better way of showing that we can all improve our physical health and conditioning at any age!